Zang Fu II

Yi Qiao, L.Ac., M.P.H
Zang Fu Pattern Identification

脏腑兼证辨证
Internal organs relationship

- Individual function
- Physiologically: coordinating and cooperating
- Pathologically: effect and related each other
- Complex zang fu organ pattern
Methods to identify compound zang fu organ patterns

• Identify which zang fu organs have undergone pathological changes, the primary one, and the secondary one, or equally same;

• Determine whether the pathological changes in the separate zang fu organs occurred at the same time or not;

• Find any causative factors, how they are transmitting, any relationship between organs undergoing pathological changes such as internal and external, generating, controlling, insulting or over-acting, etc
Heart and Lung

• Physiology relationship
  • Qi and blood
  • Pectoral qi

• Pathology relationship
  • Heart qi deficiency result lung qi failed descending and distributing
  • Lung qi deficiency lead pectoral qi insufficient cause blood stagnation
Heart and Lung Qi deficiency Pattern (心肺气虚)

• **Definition:** The pattern is characterized by an insufficiency of heart qi and lung qi, and manifests palpitation, cough, asthma and shortness of breath as cardinal symptoms.
- **Clinical manifestation:** Palpitation, cough and panting, shortness of breath, fatigue, and symptoms worse with exertion. There are also may have chest oppression, copious thin sputum, pale facial complexion, dizziness, spontaneous sweating, weak and low voice. A pale tongue with white coating, and deep and weak pulse.

- **Key points:** palpitations, cough and panting, difficult breathing, plus qi deficiency signs and symptoms.
• **Etiology and pathogenesis**
  
  • Chronic illness with cough, aging, long term emotional stress (worry and pensiveness)
  
  • Heart qi deficiency lack of the motive force, failed to pushes blood circulation
  
  • Lung qi deficiency failed descending and distribution, generate phlegm; also failed consolidate the surface result sweating
  
  • Qi deficiency, lack of the power and energy
Heart Qi deficiency

- Lack of motive force → Palpitation
- Failed to circulate blood → Purple tongue and lips

Lung Qi deficiency

- Fails descending → Cough, panting, SOB
- Fails distribute body fluids → Thin sputum
- Fails to consolidate surface → Spontaneous sweating

Chronic cough affects the heart.

Lack of motive force fails to circulate blood.

Palpitation and Purple tongue and lips indicate Qi deficiency.

Fatigue, chest tightness, SOB, pale complexion, deep and weak pulse are symptoms of Qi deficiency.

Spontaneous sweating, fatigue, chest tightness, SOB, pale complexion, and deep and weak pulse are symptoms of Qi deficiency.
Heart and Spleen

- Physiology relationship
  1. Product blood

  - Spleen → Food essences (nutritive Qi/body fluids) → Heart → Blood
  - Motive force → ascending
  - Heart fire turn into red

  **t/t**: generate
(2) Maintains a normal blood circulation

Heart → Governs blood, propels blood circulation

Spleen → Controls blood, keep blood inside vessels

Normal blood circulation

Pathology relationship
Spleen qi or blood deficiency cause heart blood deficient; while when heart blood insufficient, also result spleen blood deficient.
Heart and spleen deficiency pattern
（心脾两虚）

- **Definition:** The pattern is the combination of heart blood deficiency and spleen qi deficiency, manifests heart spirit lost nourishment, spleen failed to transporting and transforming, and blood lost controlling.
• **Clinical manifestation:** Palpitation, poor memory, insomnia, dream disturbs sleep; poor appetite, abdominal bloating and loose stool, fatigue; dizziness, subcutaneous bleeding, light and scanty menstruation bleeding, spotting or prolong menstruation bleeding, pale tender tongue, and a thready and weak pulse.

• **Key points:** coexistence of palpitations, insomnia, poor appetite and the bleeding or bruising.
**Etiology and Pathogenesis:**

- Chronic bleeding, improper diet, or long term excessive worry and pensiveness
- Heart blood deficient, cause Heart spirit lost nourishment
- Spleen qi deficient, failed to transport and transform, failed to control inside vessels.
- Qi and blood deficient lead lack of power and energy, loose the nourishment
Heart blood deficiency

Spleen Qi deficiency

Failed nourish Heart Shen

Qi/blood deficiency

Fails T&T

Fails control blood

Fatigue, chest tightness, SOB, pale complexion, deep and weak pulse

Poor appetite, bloating, loose stool

Bleeding

Palpitation, insomnia, dream disturbed sleep, poor memory
Heart and Liver

• **Physiological relationship**
  - Blood circulation
    - Heart dominate blood
    - Liver stores blood, regulating blood volume
  - Mental and emotional activities

• **Pathological relationship**
  - Heart blood deficient, cause liver dysfunction, while liver blood deficient, lead heart blood insufficient
  - Liver qi stagnation disturbs heart spirit
Heart and Liver blood deficiency pattern (心肝血虚)

• **Definition**: This pattern is characterized by blood deficiency in both the Heart and the Liver, and manifests with symptoms of the Heart and Liver losing nourishment.
• **Clinical manifestation:** palpitations, poor memory, insomnia, dream disturbed sleep; dry eyes, blurry vision, dry and withered nails, numbness or spasms of extremities; irritability, dizziness, tinnitus, pale facial complexion, light and scanty menstruation or amenorrhea, a pale tongue with white coating, and a thready and weak pulse

• **Key points:** palpitations, poor memory, numbness, irritability, plus blood deficiency pattern signs and symptoms.
• **Etiology and Pathogenesis:**
  
  • Chronic bleeding or long term excessive pensiveness and mental overstrain
  
  • Heart blood deficient, failed to nourishes Spirit
  
  • Liver blood deficiency
    
    • Failed filled chong/ren channel
    
    • Failed to nourishes eye, tendons and nails
Heart blood deficiency

Liver blood deficiency

Failed nourish Heart Shen

Blood deficiency

Eye not nourished

Fails nourished tendon

Fails to fill Chong/Ren

Palpitation, insomnia, dream disturbed sleep, poor memory

Dizziness, pale face and tongue, thready pulse

Dry eyes, blurry vision

Dry nail, limbs numbness and spasm

Scanty and light menses
Heart and Kidney

- **Physiology relationship**
  - Harmony between the Kidney water and heart fire
  - Essence and blood generate into each other
  - Regular emotional and mental actives.

- **Pathological relationship**
  - Kidney yin deficient result heart fire flair up
  - Heart blood deficient can lead kidney essence insufficient
  - Kidney and heart def. lead poor memory, dizziness...
Heart

Kidney

Yin

Yang

Descending to warm Kidney yang

Ascending to support Heart yin

Checks

nourishes
Heart and Kidney Yang deficient pattern （心肾阳虚）

• **Definition:** The pattern is characterized by an insufficiency of Heart and Kidney yang, and manifests with blood stagnation due to a lack of the Heart yang’s motive force, and dampness accumulation due to the Kidney yang’s weakened function of warming and transforming fluids.
• **Clinical manifestation:** palpitations, edema on the face and lower extremities, scanty or difficult urination, fear of cold, cold limbs, physical and mental fatigue, sleepiness, dark and dim facial complexion and purplish lips, pale and purple tongue, a white slippery tongue coating, and a deep, faint and thready pulse

• **Key points:** palpitations, edema, plus yang deficiency symptoms.
• **Etiology and pathogenesis:**
  
  • Chronic illness, aging, or overstrain
  
  • Heart yang deficient: lack of motive force, slow the blood movement result palpitation
  
  • Kidney yang deficiency: failed qi transformation lead water retention cause edema, difficult urine
  
  • Yang deficient: failed to warm up, result cold limbs, desire for warmth
Heart yang deficiency

- Failure to motive and warm → **Palpitation**
- Failed to circulate blood → **Purple tongue and lips**

Kidney yang deficiency

- Failure of qi transformation → **Edema, difficult urination**
- Failure to warm → Cold limbs, lassitude, white slippery coating, deep and thready or faint pulse
Disharmony between heart and kidney
（心肾不交）

• **Definition:** A pattern caused by a lack of coordination between the Heart fire and Kidney water manifests as yin deficiency with yang excess of the Heart and Kidney
• **Clinical manifestation:** palpitations, insomnia, vexation, dream disturbed sleep, dizziness, tinnitus, dry mouth, malar flush, five center heat, night sweats, weakness and aching of the lower back and knees, seminal emissions; a red tongue with little or no coating, and a thready and rapid pulse.

• **Key points:** insomnia, palpitations, weak and aching low back and knees, plus yin deficiency.
Etiology and pathogenesis

- Long term excessive worry, thinking or depression. Or sexual hyperactivity, aging, or chronic illness
- Heart fire exorbitant, disturbs spirit cause insomnia, palpitation, vexation
- Kidney yin deficient fail to fill the marrow cause low back pain, dizziness, tinnitus, or poor memory
- Yin deficiency lead yang relative excess, result deficient heat cause hot flush, night sweating, heat sensation in five center
Heart fire exorbitant → Shen disturbed → Palpitation

Water failure rise → Fire failed send down to balance water

Kidney yang deficiency

- Fail fills morrow, brain lost nourishes → Dizzy, tinnitus, poor memory, low backache
- Deficient fire disturbs the chamber of sperm
- Heat steam up

→ Seminal emission

Five center heat sensation, night sweat, hot flush, thirst
Heart and Small Intestine

- Physiological relationship: internal-external
- Pathological relationship
Heart fire transmission into Small Intestine (心火下移小肠)

- **Definition:** a pattern is characterized by excessive Heart fire that conducts through internal connections and transmits heat into the Small Intestine that manifests with burning and painful urination. This pattern is also known as “Heart fire pouring downward”
Clinical Manifestation: fever that is higher during the night and mild during the day, insomnia, restless, canker sores, dry mouth, thirst and preference for cold drink, scanty dark urine with burning pain, deep red tongue; and a forceful and rapid pulse

Key points: canker sores, fever, burning and painful urination
Etiology and pathogenesis

- Improper diet, emotional stress
- Heart fire flair up lead insomnia, canker sore, restlessness
- Heart fire pouring down to small intestine, pathogenic heat disturbs small intestine separating clear from turbid function, result dark, burning and painful urination
Heart fire exorbitant

- Shen disturbed
  - Restlessness, irritability
- Fire flairs up
  - Canker sores, thirsty, fever, red tongue, face and lips

SI excess heat

- Failure separate clear and turbid
  - Short and dark color urine
- Heat irritate UI track
  - Painful and burning urination with urgent feeling
Spleen and Lung

- **Physiological relationship**
  - Product pectoral qi
  - Regulate water metabolism

- **Pathological relationship**
  - Spleen qi deficient failed to T/T, lead Lung qi insufficient because lack of the supplements
  - Dysfunction of Spleen generates dampness and phlegm which will disrupts the function of the Lung
  - Lung failed to descending and distribution lead the Spleen function disturbed.
Spleen and Lung Qi Deficiency Pattern

- **Definition:** A pattern is characterized by qi deficiency both in the Lung and Spleen. It manifests with a dysfunction of the Spleen’s transportation and transformation, as well as the failure of the Lung’s descending and dispersing functions.
• **Clinical manifestation**: chronic cough or asthma with profuse sputum, feeble voice, dislike of speaking, shortness of breath, general fatigue; poor appetite, abdominal bloating and distention, loose stools; pale complexion, and a deficient pulse. Edema is seen in severe cases.

• **Key Points**: poor appetite, loose stools, cough, asthma and shortness of breath, accompanied by general qi deficiency symptoms
• **Etiology and Pathogenesis:**
  
  • Chronic cough and illness, or improper diet
  
  • Lung qi deficiency failed to descend and distribute resulting in cough, asthma, and phlegm accumulate
  
  • Spleen qi deficiency failed to T/T, lead poor appetite, bloating and loose stool
  
  • General qi deficiency lack of the force cause fatigue, dislike talk and deficient pulse
Spleen and Kidney

- **Physiological relationship**
  - Congenital essence and acquired essences
  - Water metabolism

- **Pathological relationship**
  - Kidney deficient failed to warm the Spleen lead
    Spleen yang insufficient
  - Spleen dysfunction failed T/T generate dampness
    affect on the Kidney, meanwhile Spleen deficient
    lead acquired essence insufficient cause the Kidney
    essence deficient
Spleen and Kidney Yang Deficiency Pattern (脾肾阳虚)

- **Definition:** the pattern characterized by yang deficiency in both the Kidney and the Spleen, a loss or the warming and transforming functions that manifests with loose stools or edema as cardinal symptoms
Clinical manifestations: pale complexion, cold limbs and body, SOB, lassitude, lower back and knee ache and weakness, or lower abdominal cold pain, chronic loose stools or early morning diarrhea, watery stool with undigested food, edema, and difficult urination. Other signs include: a pale and tender tongue, with white slippery coating, and a deep, weak and slow pulse.

Key points: edema, loose stools, abdominal or lower abdominal pain which is relieved by warmth, and accompanied by general deficiency cold symptoms.
• **Etiology and Pathogenesis**

  - Chronic illness, aging, or Living environment (humidity)
  - Kidney yang deficient failed transforms qi lead water retention cause edema, difficult urination
  - Spleen yang deficient failed T/T, result loose stool with undigested food, bloating, and poor appetite
  - Yang deficient lack of force and failed warm function, result cold limbs and body, pale face, fatigue, and slow and weak pulse
Spleen and Stomach

• **Physiological relationship**
  • Coordinate and cooperate with digestion
    • Transportation and transformation
    • Ascending and descending
    • Regular dryness and dampness

• **Pathological relationship**
  • Stomach dysfunction will lead Spleen function disorder; conversely, Spleen dysfunction also affect on the Stomach function
Definition: a pattern refers to when the Spleen and Stomach have lost their cooperating and coordinating relationship characterized by poor appetite, belching, nausea, and irregular bowel movements.
• **Clinical manifestations:** poor appetite, nausea, vomiting, belching, hiccup, epigastria pain, bloating and distention, diarrhea, loose stools, or constipation; a thick greasy tongue coating, and a slippery pulse

• **Key points:** poor appetite, nausea, belching, irregular bowel movements, general gastro-intestines symptoms, etc.
• **Etiology and Pathogenesis**
  
  • Improper and irregular diet, emotional stress, improper treatment, or physical strain
  
  • Spleen and Stomach failed cooperating and coordinating, will disrupts:
    
    • T/T function, result poor appetite, bloating and distention, and loose stool
    
    • Ascending and descending function, cause nausea, vomiting, bloating, hiccup, loose stool, or even prolapsed
    
    • Dryness or dampness accumulation, lead irregular bowl movement
Lung and Kidney

- **Physiological relationship**
  - Respiration
  - Water metabolism
  - Lung yin and Kidney yin mutually nourishes each other

- **Pathological relationship**
Lung and Kidney Yin Deficiency Pattern
(肺肾阴虚)

- **Definition:** a pattern refers to lung and kidney yin insufficient lead pathogenic heat disturbs inside, manifest with the lung lost its dispersing and descending function, and kidney lost nourishment
• **Clinical manifestation:** dry cough with little or no sputum, and sputum may contain blood, hoarse voice, weakness and achy on lower back and knees, malar flush, night sweating, tidal or low grade fever, fatigue, nocturnal emission, five center heat sensation, insomnia, scanty urination, and constipation. Tongue is red with little or no coating, pulse is thread and rapid.

• **Key Points:** cough with scanty sputum, low back or lower extremities weak and ache, accompany with yin deficiency symptoms
**Etiology and Pathogenesis**

- Chronic illness, aging, or later stage of febrile disease
- Lung yin deficiency failed to descend and distribute cause cough, if the deficiency heat injury the blood vessels or voice cord, then may have cough with blood, and hoarse voice
- Kidney yin deficiency failed to nourishes bones then there weakness and ache on lower extremities and lower back,
- Red tongue with little coating, five center heat sensation, hot flush are all the deficient heat signs
Liver and Kidney

- **Physiological relationship**
  - The Liver and Kidney are same source
    - Blood and essence are same source
    - Conducting and dispersing; storage and sealing
    - Yin and yang mutually control and nourishes each other

- **Pathological relationship**
  - Kidney yin deficiency will lead Liver yin deficient
  - Liver function disorder will affect on Kidney
Liver and Kidney Yin Deficiency Pattern (肝肾阴虚)

• **Definition:** a pattern refers to kidney and liver yin insufficient, causing yin unable to control yang manifest deficiency heat disturbs the liver and kidney
• **Clinical manifestation:** dizziness or vertigo, blurry vision, tinnitus, poor memory, dry mouth and throat, insomnia, dream disturbed sleep, hypochondriac pain, knee and lower back aching and weakness, five center heat sensation, night sweating, hectic fever. Spermtorrhea in male, and scanty and short menstruation for female. A red tongue or crack tongue, with scanty coating, a thin and wiry pulse

• **Key Points:** Weakness of the low back and knee, hypochondriac pain tinnitus, dizziness, seminal emission plus deficiency heat symptoms
• **Etiology and Pathogenesis**

  • Chronic illness, aging, improper diet, or emotional stress and sexual overstrain

  • Liver yin deficiency failed to nourish channel, orifice and tendon cause hypochondria pain, blurry vision, dry eye, dizziness, or cramps

  • Kidney yin deficiency failed nourishes orifice, full fill the brain and bone marrow, then lead tinnitus, lower back pain and weakness, poor memory

  • Yin deficiency with heat, disrupts shen and sperm chamber, manifests with insomnia, seminal emission.
Liver yang rising Vs. Liver/Kidney yin deficiency

<table>
<thead>
<tr>
<th></th>
<th>Liver yang rising</th>
<th>Liv/Kid yin deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathogenesis</td>
<td>Liver and kidney yin deficiency, water unable to nourishes wood</td>
<td>Yin and essence insufficient, deficient fire disturbs inside</td>
</tr>
<tr>
<td></td>
<td>Liver yang rising, qi and blood moves upward</td>
<td></td>
</tr>
<tr>
<td>Nature</td>
<td>“Ben” (root) deficiency, “Biao’ (symptoms) excess</td>
<td>Deficiency</td>
</tr>
<tr>
<td>Common symptoms</td>
<td>Dizziness, vertigo, tinnitus, poor memory, dry mouth and throat, insomnia, dream disturbs sleep, hypochondric pain, lumbar and knee weakness and sore</td>
<td></td>
</tr>
<tr>
<td>Different symptoms</td>
<td>Red face and eyes, distension headache, or eye pain, “top-heavy”, irritability, angry</td>
<td>Malar flushes, five center heat sensation, nocturnal emission, scanty menstrual bleeding</td>
</tr>
</tbody>
</table>
Liver and Spleen

- **Physiological relationship**
  - Digestion
  - Blood circulation

- **Pathological relationship**
  - Spleen T/T dysfunction, lead blood and yin insufficient, failed to nourishes Liver cause liver yin and blood deficiency
  - Liver qi stagnation will affect on Spleen function
Liver qi stagnation with Spleen qi Deficiency Pattern （肝郁脾虚）

- **Definition:** A pattern refers to liver failed to “dispersing and soothes the flow of qi, and spleen failed transportation and transformation, manifest with hypochondriac pain and distention, abdominal bloating, loose stool. It has been called liver and spleen disharmony pattern.
• **Clinical manifestation:** Distention and pain in abdominal and hypochondriac area, sigh frequently, depression, irritability, easily anger, poor appetite, bloating, loose stool with incomplete feeling, or rumbling sound in intestine, gas, or abdominal pain and diarrhea, pain will relieve after diarrhea, or watery stool. White tongue coating, wiry or weak pulse.

• **Key Points:** distension and pain the hypochondriac region, abdominal pain and intestinal rumbling, irregular bowel movement (irritability bowl syndrome) poor appetite, etc..
• **Etiology and pathogenesis**
  
  • Emotional stress, improper diet, chronic illness
  
  • Liver qi stagnation failed to conduct and disperse, lead hypochondriac distention and pain, irritable, anger, frequent sigh and depress
  
  • Qi stagnate in the LI, cause difficult BM
  
  • Spleen qi deficiency failed T/T, cause loose stool, poor appetite, bloating and fatigue
Liver and Stomach Disharmony Pattern （肝胃不和）

- **Definition**: a pattern is characterized by stagnation of liver qi which transversely attacking the stomach lead stomach qi rebellious. It has been called liver qi overacting on stomach pattern or qi stagnation in both liver and stomach.
• **Clinical manifestation:** distention, and pain in epigastria and hypochondriac area, belching, hiccup, nausea or even vomiting, acid regurgitation, depression, irritability, sigh, poor appetite. Thin white or thin yellow coating, and wiry, slight rapid pulse

• **Key Points:** distending pain in hypochondriac and abdominal region, with hiccup or belching.
• **Etiology and Pathogenesis**

  • Emotional stress, improper diet
  • Liver qi stagnation failed conducting and dispersing cause distension and pain in hypochondriac region, depression and sigh
  • Stomach qi disrupts, ascending instate of descending result nausea, vomiting, hiccup, belching, poor appetite. If qi generate heat, then there are acid regurgitation, stomach discomfort
## Liver qi stagnation with spleen deficiency Vs. Liver qi overacting on Stomach

<table>
<thead>
<tr>
<th></th>
<th>Liver qi stagnation with Spleen deficiency</th>
<th>Liver qi overacting on Stomach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>pathogenesis</strong></td>
<td>Liver qi unable to keep qi free flow, cause Spleen failed to transport and transform function</td>
<td>Liver qi attacks cause Stomach qi rebellious</td>
</tr>
<tr>
<td><strong>common symptoms</strong></td>
<td>Depression, irritability, easy anger, hypochondriac pain and distention, poor appetite, and wiry pulse</td>
<td>Belching, nausea, vomiting, acid regurgitation, bloating, and discomfort sensation in the Stomach area</td>
</tr>
<tr>
<td><strong>different symptoms</strong></td>
<td>Abdominal pain, intestine rumbling sound, loose stool with tenesmus; abdominal pain before diarrhea, feels relieves after, or alternative with constipation and loose stool</td>
<td></td>
</tr>
</tbody>
</table>
Liver and Lung

- **Physiological relationship**
  - Ascending and descending of qi
  - Liver channel upward goes to the Lung

- **Pathological relationship**
  - Liver fire can flare up injuries lung through the channel
  - Lung failed descending will lead Liver qi unable to ascending
Liver Fire attack the Lung Pattern

（肝火犯肺）

- **Definition:** a pattern characterized by the liver fire rising and cause lung qi rebellious, manifest with paroxysmal cough, and hypochondria pain.
• **Clinical manifestation:** hypochondria burning pain, irritability, easily anger, dizziness, distension headaches, red face and eye, bitter taste in the mouth, paroxysmal cough, or even cough with blood, scanty yellow sticky sputum, a red tongue with thin yellow coating, and wiry and rapid pulse.

• **Key points:** cough, or cough with blood, burning pain sensation in the chest or hypochondria region, irritability and easy angry, accompany with internal excess heat symptoms.
• **Etiology and Pathogenesis**
  
  • Emotional stress, or pathogenic heat attack
  
  • Liver fire flairs up lead headache, red face and red eye, dizziness, and thirst
  
  • Liver fire flairs up consumes lung yin, and cause lung qi rebellious, then have cough, or cough with blood.
  
  • Liver fire steams up bile, then there is bitter taste in the mouth
Liver and Gallbladder

- **Physiological relationship**
  - Intern exterior relationship through the channels
  - Digestion food
  - Emotional activities: strategies and decision

- **Pathological relationship**
  - Liver failed conducting and dispersing will affect on gallbladder excrete bile function; gallbladder excrete bile failed will also affect on liver.
Damp-heat in Liver and Gallbladder pattern
（肝胆湿热）

• **Definition:** a pattern characterized by damp heat stagnated in both liver and gallbladder, and manifests as yang type jaundice.
• **Clinical manifestation:** alternative chill and fever, distention pain in hypochondriac region; bitter taste in the mouth, thirst without large fluid intake, nausea, poor appetite, alternately constipated or loose stool, yellowish urine, body and eyes jaundiced, abdominal distention, fever, vaginal discharge or itching; scrotum itching or swollen. A yellow greasy tongue coating, and a wiry and rapid pulse.

• **Key points:** hypochondriac distension, poor appetite, abdominal bloating, yellow skin and eyes, itching in genital area, accompany with damp heat symptoms
• **Etiology and Pathogenesis**

  - Over eat greasy and sweet foods, or over consuming alcohol, or damp-heat invasion
  - Damp-heat obstruct the liver channel cause qi stagnation which lead hypochondriac pain and distention, vaginal discharge or scrotum itching or swollen
  - Damp-heat steams up bile to the body surface, lead jaundice, bitter taste in the mouth
  - Dampness obstruct in the middle jiao, result poor appetite, bloating, loose stool., etc.